



PTS EXERCISE MANUAL

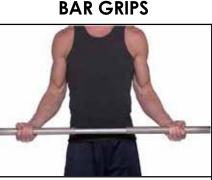
WORKOUT VARIATIONS

The PTS's versatile design allows you to customize your workout to fit your needs. Enhance your routine by performing an exercise using a different hand position or movement pattern. By varying the way you perform an exercise, you will work your muscles differently.



OVERHAND GRIP

Thumbs point inward, towards each other, in the starting position.



UNDERHAND GRIP

Thumbs point outward, away from each other, in the starting position.



OPPOSING GRIP

Thumbs point same direction, one hand uses an underhand grip, and the other hand uses an overhand grip.

HANDLE GRIPS



OVERHAND GRIP

Thumbs point inward, towards each other, in the starting position.



OPPOSING GRIP

Thumbs are parallel, pointing in the same direction, in the starting position.



UNDERHAND GRIP

Thumbs point outward, away from each other, in the starting position.

Note:

Some exercises are shown with optional equipment. Please contact your authorized Hoist Dealer or visit www.hoistfitness.com for more information.



WORKOUT VARIATIONS

HAND ROTATIONS







Supination:

Rotating your hand with your thumb turning outward during the exercise.

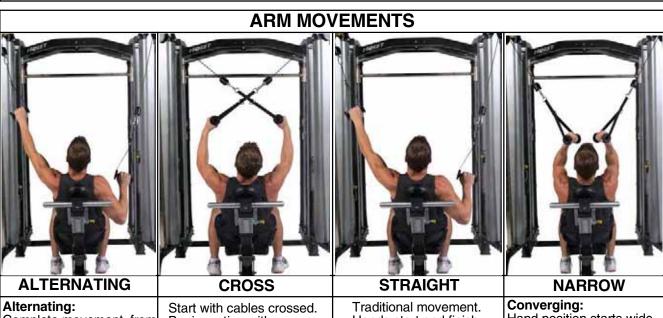






Pronation:

Rotating your hand with your thumb turning inward during the exercise.



Complete movement, from start to finish, using one arm at a time.

Reciprocating:

Continuous position switching back and forth, one arm in the start and the other in the finish position.

Start with cables crossed. Begin motion with narrow starting position and complete motion with wide finish position. Traditional movement. Hands start and finish at approximately the same distance apart

Hand position starts wide and finishes narrow.

Diverging:

Hand position starts narrow and finishes wide.







PTS1000 EXERCISE MANUAL

BENCH PRESS (WIDE GRIP)



Start/Finish

Mid Point

BENCH PRESS (NARROW GRIP)





Start/Finish

Mid Point

BENCH PRESS (REVERSE GRIP)





Start/Finish

Mid Point



INCLINE PRESS



Start/Finish



Mid Point

DECLINE PRESS



Start/Finish



Mid Point

ANGLED PUSH UP



Start/Finish



Mid Point



BENT ROW



Start/Finish



Mid Point

GOOD MORNING

STIFF LEG DEADLIFT



Start/Finish



Mid Point





Start/Finish



Mid Point





ANGLED PULL UP



Mid Point



SHOULDER PRESS



Start/Finish

Mid Point



Start/Finish



Mid Point



UPRIGHT ROW



Start/Finish



Mid Point





Start/Finish



Mid Point



Start/Finish



Mid Point



STANDING REVERSE CURL



Start/Finish



Mid Point



Start/Finish



Mid Point



Start/Finish



Mid Point



WRIST CURL



FRENCH CURL



Start/Finish

Mid Point



BENCH DIP

SIDE BENDS



Start/Finish

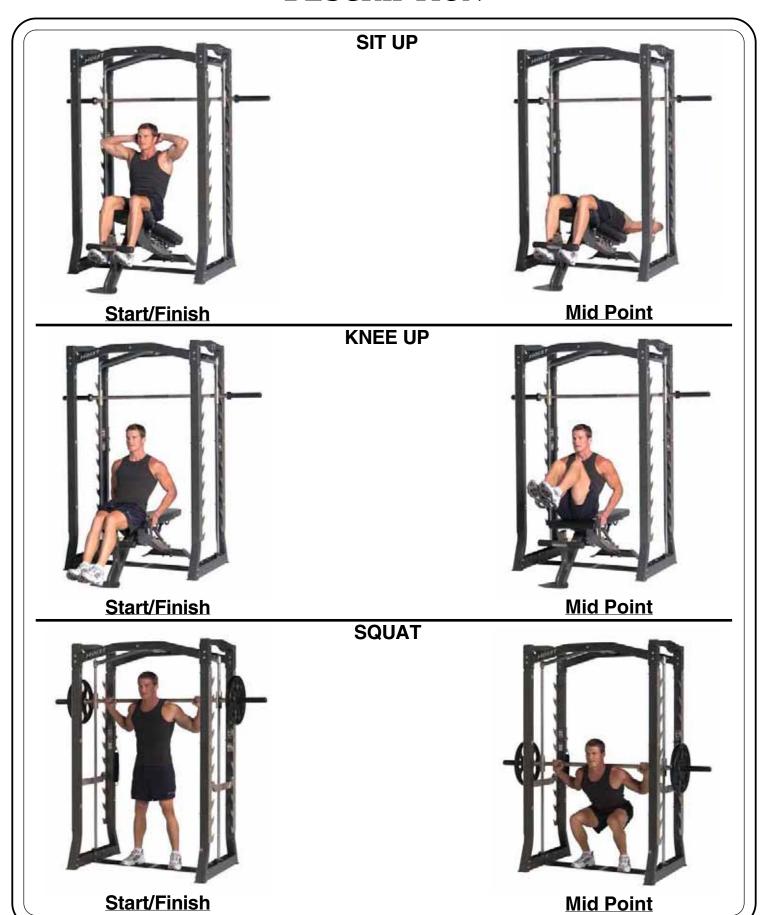
Mid Point



Start/Finish



Mid Point







Start/Finish



Mid Point



Start/Finish



Mid Point



Start/Finish



Mid Point



LEG EXTENSION



LYING LEG CURL



Mid Point
LUNGE



Start/Finish



Mid Point



Start/Finish



Mid Point

BULGARIAN LUNGE

CALF RAISE

POWER CLEAN



Start/Finish



Mid Point



Start/Finish



Mid Point

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